

Healthy Eating Resources

This is a list of resources in the area around Edward Hines, Jr. VA Hospital and its six clinics. This list is not exhaustive. Additional resources are available in these service areas. The VA is not endorsing specific resources. We are only identifying some of the resources available in and around our service areas. Fees may apply to some programs. Services and fees listed may change. Please contact programs directly for the most recent program details and fees. (Last updated July 2011). **If you know of updates or additional resources to add to this list, please contact: Lorry Luscri, MPH, CPH, RD, LDN Health Promotion Disease Prevention Program Manager lorry.luscri@va.gov.**

County	Target Audience	Program Name & Information	Program Description	Website	Farms / Farmers' Market	Food Pantry / Congregational Meals	Support (Groups)/ Transport / Financial Asst.
DeKalb	All	Volunteer Action Center	Congregational meal offered through Senior lunches and community dinners that are open to all in need.	http://www.vacdk.com/nutrition/programs/index.html	No	Yes	No
Multiple	All	Local Harvest SM	Online database searchable by zip and city, state to local farming and co-ops in an area.	http://www.localharvest.org/	Yes	No	No
Multiple	All	USDA Agricultural Marketing Services	Less comprehensive than Local Harvest, but has payment types accepted as a filter function . Searchable by State, Zip Code, distance, and market name.	http://apps.ams.usda.gov/FarmersMarkets/Default.aspx	Yes	No	No
Multiple	All	United Way of Metro Chicago	Smartphone application for healthy recipes, nutritional information, and calorie counter for free.	http://www.uw-mc.org/mission/health/livehealthy/	No	No	Yes
Multiple	All	Township Officials of Illinois	Townships listings by county. Check individual sites for transportation services and township-sponsored food and cash assistance.	http://www.toi.org/CountyTownships.asp	No	Yes	Yes
Multiple	All	Edward Hospital & Health Services	Located in Naperville, IL. Listing of support groups including breastfeeding, diabetes, etc. Category searches "wellness, pregnancy & childbirth, and support groups" gave best results.	http://www.edward.org/13005.cfm	No	No	Yes
Multiple	All	Advocate Health Care	Database of support programs available through Advocate & Trinity. Search by topic to see listings of upcoming classes and support groups. Some classes may cost.	http://www.advocatehealth.com/events	No	No	Yes

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Multiple	All	Calorie King	Online resource for caloric information and recipes. Use "food search" to link to database of foods and calories.	www.calorieking.com	No	No	Yes
Multiple	All	Eating Well	Online resource with recipes grouped by health concern. Use "Diet, Nutrition, & Health" tab to find various health-targeted recipes.	www.eatingwell.com	No	No	Yes
Multiple	All	My Fitness Pal	Online caloric information and weight loss tools such as mobile app, recipe nutritional analysis, and online weight loss ticker.	www.myfitnesspal.com	No	No	Yes
Multiple	All	Recipes.com	Online resources with recipes based on diet type and health concerns. Recipes divided by several other categories as well such as chicken, brown bag, snack etc.	www.recipes.com	No	No	Yes
Cook	Cancer	Rush University Medical Center	Twice a week support group.	http://www.rush.edu/rumc/page-1124119164419.html	No	No	Yes
Multiple	Cancer	American Cancer Society	Online database of support and health education programs. Program types- "assistance, health education, meeting well, and nutritional counseling" gave the best searches.	http://www.cancer.org/treatment/supportprogramsservices/app/resource-search	No	Yes	Yes
Multiple	Cancer	Y-Me National Breast Cancer Organization	Cook, DuPage, Kane, DuPage, Kendall, Will. Listing of support groups, peer to peer mentor program, and family education programs.	http://www.y-me.org/programs/supportgroups/illinois.php	No	No	Yes
Cook	Celiac/Allergy	Gluten intolerance Group of Greater Chicago	Multi-site group offering cooking classes, informal gatherings, dinner outings, other activities.	http://www.chicagoglutenfree.com/	No	No	Yes

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Cook	Celiac/Allergy	Celiac Sprue Assoc. of Greater Chicago CSAGC , P.O. Box 93 Arlington Heights, IL 60006-0093 1-847-255-4156 (leave message) DeniseCeliac@gmail.com	Site has list of grocer's, recipes, & dining out information. Site not updated but group is still exists. Email for more details. Educational events	http://csagc.park-ridge.il.us/	No	No	Yes
DeKalb	Celiac/Allergy	Celiac.com	Website with local support group info, food information, and recipes.	http://www.projectallergy.com/community/support-groups/allergy-asthma-support-groups.cfm?l=IL	No	No	Yes
Multiple	Celiac/Allergy	Food Allergy & Anaphylaxis Network	Recipes and support group locator. Only a handful of groups mostly geared towards parents. Scroll to the bottom of the page to find meeting locator.	http://www.foodallergy.org/section/support-groups	No	No	Yes
Multiple	Celiac/Allergy	Lil's Dietary Shop 2738 W. 111th Street Chicago, IL 773-239-0355	Online and 1 physical location in Chicago. Grocer provides medical necessary dietary products/foodstuffs.	www.lilsdietary.com	No	No	No
Cook	Crohn's & Colitis	Rush University Medical Center Sharon Jeydel, PsyD Room 1094, Armour Academic Facility Rush University Medical Center 600 S. Paulina Chicago, IL 60612 312-563-3898	Bimonthly support group by a psychologist, specializing in gastroenterology and nutrition.	http://www.rush.edu/rumc/page-1197301057434.html	No	No	Yes
Multiple	Crohn's & Colitis	Crohn's & Colitis Foundation of America	Online site with support forums, local chapters and event information.	http://www.cdfa.org/	No	No	Yes

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Multiple	Diabetes	Defeat Diabetes Foundation, Inc.	Cook, DuPage, Kane, Will, Kendall, Kankakee. Listing of Diabetes Education and Support listed in alphabetical order by city of location through out IL.	http://www.defeatdiabetes.org/see_if_management/text.asp?id=diabetes_support_gro	No	No	Yes
Multiple	Diabetes	dLife (diabetes Life/dLife TV)	Online Support Site	http://www.dlife.com/	No	No	Yes
Multiple	Diabetes	American Diabetes Association/Living with Type 2 Diabetes 1-800-Diabetes	Year long programs that offers mailed or emailed resources to those recently diagnosed, recipes, emails, online support & self-management tools.	http://www.diabetes.org/	No	No	Yes
Multiple	Eating Disorders	OverEaters Anonymous	Online database with search function by City to locate OA meetings.	http://www.oa.org/	No	No	Yes
Multiple	Eating Disorders	Eating Disorder Referral and Information Center	Cook, Kane, DuPage, Will. Listing of therapist who deal with disordered eating. Searchable by area code. Has therapist treatment model and contact information.	http://www.edreferral.com/states/il.html	No	No	Yes
Multiple	Eating Disorders	Eating Disorders Anonymous	Listing of meetings and online support groups.	http://www.eatingdisordersanonymous.org/meetings.html	No	No	Yes
Multiple	Eating Disorders	Weight Watchers	Use "Find a Meeting" link to find meetings. Meetings do cost a fee. Use zip code or city and state to find closest list of meetings and times. Free online support program forums require registration. Actual online weight watchers program requires subscription.	http://www.weightwatchers.com/index.aspx	No	No	Yes
Cook	HIV	Rush University Medical Center Jan Fritsche Armour Academic Center Rm 143, 600 S. Paulina Chicago, IL 312-942-4810	Bimonthly support group.	http://www.rush.edu/rumc/page-1124119164419.html	No	No	Yes

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Multiple	Liver	American Liver Foundation	Cook, DuPage. Listing of support group for liver problems such as Hep C and cirrhosis.	http://www.liverfoundation.org/chapters/illinois/resources/	No	No	Yes
Cook	Low-income/EBT	Greater Chicago Food Depository	Click on "Need Food" to link to agency locator. Covers the Chicago proper and Cook county communities.	www.chicagosfoodbank.org	No	Yes	No
Cook	Low-income/EBT	Direct 2 Food	Online community-based directory of food pantry, soup kitchen, congregate meals, and home delivered meals with mapping function. Contact, services, and hours of operation included.	http://www.direct2food.org/	No	Yes	No
DeKalb	Low-income/EBT	Voluntary Action Center 1606 Bethany Road Sycamore, IL 60178 815-758-3932	Congregate meals and transport services provided.	http://vacdk.com/	No	Yes	No
DuPage	Low-income/EBT	Community Hunger Network	Online database of agencies with food pantries in the area. Use "Area Pantries" tab to access search functions.	http://www.communityhungernetwork.org/	No	Yes	No
Kane	Low-income/EBT	United Way of Elgin	Online database of community resources for Kane County and some surrounding areas.	http://www.kanecountyguide.org/	No	Yes	Yes
Multiple	Low-income/EBT	USDA Snap Retail Locator	Searches for retailers that accept EBT or you can download list of participating businesses. In addition, there is an additional tab link with recipes for SNAP eligible populations and tips on eating healthy on a low budget.	http://www.snapretailerlocator.com/	Yes	No	Yes
Multiple	Low-income/EBT	Illinois Dept of Human Services	Links to WIC, cash & food assistance from state government.	http://www.dhs.state.il.us/page.aspx?	No	No	Yes

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Multiple	Low-income/EBT	Northern Illinois Food Bank	No Cook County Use "Get Help" tab to search for partner agencies that have food banks services. Search by zip code.	http://www.northernilfoodbank.org/	No	Yes	No
Cook	Older adults	PLOWS Council on Aging 7808 W. College Drive Suite 5 East Palos Heights, IL 60463 708-361-0219	Serves Palos, Lemont, Orland, & Worth Townships. Day service with meals & meals on wheels	http://www.plows.org/	No	Yes	No
Multiple	Older adults	Community Nutrition Network & Senior Services Association (CNNSSA)	Cook, Kendall, Grundy. Offers congregational meals to individuals 60 and over including spouse. Assessment required for home delivered meals.	http://cnsssa.org/services	No	Yes	No
Multiple	Older adults	Salvation Army Golden Diners	Kane & McHenry. Congregational meal program by the Salvation Army. Meals are available for homebound. Need to call 2 days in advance if attending a lunch.	http://www.usc.salvationarmy.org/usc/www_usc_crystallake.nsf/vw-sublinks/F7A8C983C8FEF7858625771C005BB17E?openDocument	No	Yes	No
Multiple	Older adults	Illinois Aging Services	Database searchable by county of meal sites, meal on wheel programs w/contact number & address. Also, transportation and other aging resources available.	http://illinoisagingservices.org/Search.aspx	No	Yes	Yes
Multiple	Older adults	U.S. Administration on Aging-Eldercare Locator	Data of services some nutritional mostly social resources, searchable by zip code or by city. Use "Tab" to navigate fields. "Topic" search not useful.	http://www.eldercare.gov/eldercare.NET/Public/index.aspx	No	Yes	Yes

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Cook	Pregnancy	Rush Medical Center- Women's & Children's Resource Center 312-942-2336	Listing of classes that go over healthy pregnancy, nutrition, and breastfeeding. These programs do have fees.	http://www.rush.edu/rumc/page-1112025078298.html	No	No	Yes
LaSalle	Pregnancy	Illinois Valley Community Hospital	Free breastfeeding course offered every other month. Preregistration required.	http://ivch.netreturns.biz/Calendar/CalendarItemDetail.aspx?Id=fc523af6-06b7-426f-9901-8eb4bd6e34b0	No	No	Yes
Multiple	Pregnancy	Illinois Perinatal HIV Hotline	Support groups and contact information for perinatal education for HIV+ women.	http://www.hivpregnancyhotline.org/pregnantandpositive/default.aspx	No	No	Yes
Multiple	Pregnancy	Well Child Center 620 Wing Street Elgin, IL 60123 847-741-7370 Additional satellite locations.	Locations in Greater Elgin (Kane, DuPage) of WIC clinic sites that offer nutrition and breastfeeding support.	http://www.wellchildcenter.org/Nutrition_WIC_Services.html	No	No	Yes
Multiple	Pregnancy	LaLeche League	Listing of links to monthly LaLeche groups. Meetings are free.	http://www.llli.org/web/illinois.html	No	No	Yes
DuPage	Renal/ Transplant	Organ Transplant Support Organ Transplant Support, Inc. PO BOX 471, Naperville, IL 60566 630-527-8640	Local meeting in Downer's Grove	http://www.otsfriends.org/	No	No	Yes
Multiple	Renal/ Transplant	Transplant Living	Will, DuPage, Cook. Online listing of transplant support groups in IL.	http://www.transplantliving.org/community/supportgrouplisting.aspx	No	No	Yes
Cook	Stroke	Rush University Medical Center Room 835 Kellogg Building, 1650 W. Harrison St. Chicago, IL 800-757-0202	Once a month education and coping techniques.	http://www.rush.edu/rumc/page-1124119164419.html	No	No	Yes



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Multiple	Stroke	National Aphasia Association	List various stroke support groups throughout IL, along with contact information and location.	http://www.aphasia.org/aphasia_community/aphasia_community_groups.html	No	No	Yes

